



# Gluten-Free Sweet and Spicy Honey Nut Chex® Mix

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



398 kcal

SIDE DISH

## Ingredients

- 4 cups pinenuts
- 0.5 cup roasted peanuts
- 0.3 cup roasted sunflower seeds salted hulled (pepitas)
- 2 tablespoons honey
- 1 tablespoon water
- 0.8 teaspoon salt
- 0.8 teaspoon ground cumin

- 0.5 teaspoon ground pepper red (cayenne)
- 0.8 cup raisins

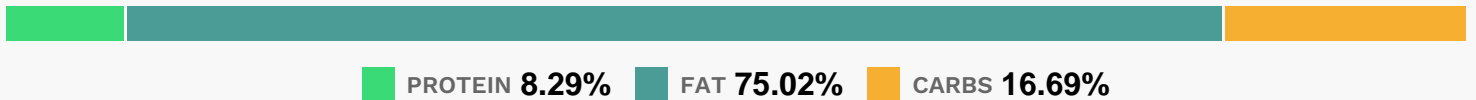
## Equipment

- bowl
- aluminum foil
- microwave

## Directions

- In large microwavable bowl, mix cereal, peanuts and sunflower nuts; set aside.
- In small bowl, mix honey and warm water. Stir in salt, cumin and red pepper until blended.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 3 minutes, stirring every minute. Stir in raisins. Microwave 1 minute longer.
- Spread on waxed paper or foil to cool. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:12.34, Glycemic Load:5.33, Inflammation Score:-6, Nutrition Score:17.080434882123%

## Nutrients (% of daily need)

Calories: 398.47kcal (19.92%), Fat: 35.78g (55.04%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 14.65g (5.33%), Sugar: 4.62g (5.13%), Cholesterol: 0mg (0%), Sodium: 203.05mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Manganese: 4.22mg (210.77%), Vitamin E: 5.59mg (37.27%), Copper: 0.73mg (36.61%), Phosphorus: 332.81mg (33.28%), Magnesium: 131.32mg (32.83%), Vitamin K: 24.44µg (23.28%), Zinc: 3.25mg (21.68%), Iron: 3.13mg (17.38%), Vitamin B3: 3.16mg (15.78%), Vitamin B1: 0.21mg (13.75%), Fiber: 3.26g (13.05%), Potassium: 414.5mg (11.84%), Folate: 32.18µg (8.05%), Vitamin B2: 0.14mg (8.05%), Selenium: 3.8µg (5.43%), Vitamin B6: 0.11mg (5.4%), Vitamin B5: 0.49mg (4.92%), Calcium: 20.71mg (2.07%), Vitamin C: 0.98mg (1.19%)